

# The Helper's Code: Improving Vicarious Capability

Understanding the importance of proximity and how  
to increase and maintain bonding

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## The Foundation: It's Importance

- Without a foundation a building cannot stand
- Neither can a person
- The foundation of the human person
- The foundation of the Nation and of the individual citizen under attack
- The Forefather's monument: Plymouth, Massachusetts

A Matrix for success of the Nation

Law; Morality; Liberty; Education

## Vicarious Connection: A Foundational Element

- Vicarious: “Serving in the place of another;” and “experienced in imagination only.” Webster’s
- Discussion: What’s the importance of “eye contact” between PROVIDER and RECIPIENT of care?
- What’s the importance of PROXIMITY?
- What happens when you are just typing what the recipient of care reports, looking more to your computer’s keyboard?
- What’s the importance of Rapport w/in the helping relationship?
- Rapport: “Touch, understanding, affinity, empathy...” Roget’s Thesaurus

# The Value of Proximity

- Tele-med; even skype being used in provision of care
- Texting
- Can we keep it from happening?
- Will people in time get accustomed to distant/detached provision of care? And if so, at what cost?
- The existent foundation has to be removed and/or to be rendered as less important, i.e., eye contact, proximity, and rapport.
- Will the Code of Ethics be altered and rendered as of less importance?
- Let's look at some CODES and it's importance! Why, because a CODE of CONDUCT could be the SUBLIMATING element in provision of care

# The Codes: Is it important?

- THE Chinese Martial Morality (Code):
- Of Deed: Humility, Loyalty, Respect, Righteousness, Trust
- Of Mind: Courage, Endurance, Patience, Perseverance and Will
- THE Bushido Code: Rectitude, Courage, Benevolence, Respect, Honesty, Honor and Loyalty
- THE Military Code: Loyalty, Courage, Integrity, Respect, Honor, Service to the Country
- THE Five Fundamentals of Counseling: Autonomy (Freedom), Benevolence (Altruism), Nonmaleficence (Do no harm), Justice & Fairness, Fidelity (Loyalty).
- W/out V & V nothing and no one has integrity

# Beliefs/values/virtues: A New Mind-Set

- The new mind-set must be established primarily on personal responsibility. All human beings are “autonomous (free-will),” but unless they become responsible people their autonomy means absolutely nothing. What is the use of being autonomous, but yet to lack the capability to use it profitably?
- Responsibility is a value when believed upon, but when implemented it becomes a powerful virtue, because it promotes increased self-care, it supports a “pro-life attitude,” and it generates increased accountability so the individual is no longer an island, no longer in a vacuum, or uncaring, no longer thinking in terms of himself alone, but he has now learned to be sensitive to other people around.
- Responsibility will decrease impulsivity and therefore it represents an element that cooperates for the decrease of self-destructive behaviors.

## A New Mind-Set (Cont)

- Personal responsibility will add quality to thinking, increasing judgment capability, and decision making so that people now are better able to say “yes” when situation requires it and to say “no” likewise. Examples: Broccoli or cheese cake? “The mouse, the trap, and the cheese
- New mind-set = new attitude toward life
  1. Pro-life: My life is worth living and caring for
  2. I value my personal health = increased engagement in treatment and recovery (Note on addiction)
  3. My family life is important to me = better bonding and grounding
  4. My community is important to me = increased supporting disposition, improved role model and enhanced social skills
  5. I value education = increased chances for better life, increased chances of success, and more fulfilling life

# New Mind-Set: Self-Efficacy

- Self-Efficacy (Albert Bandura, Social Cognitive Theory).
  1. Personal competence in completing tasks and achieving goals
  2. It permeates every level of human initiative
  3. It is connected with the beliefs that a person holds regarding his or her capability to influence daily challenges
  4. It determines the choices a person makes when facing the unknown
  5. Self-efficacy results from individuals developing adequate awareness of their belief system, about its quality and having developed the know-how in implementing the values and virtues they have integrated and internalized in the process of time
- Self-efficacy is extremely influential in the outcomes of people's decision making process. It will have a positive effect especially on their health
- Policy makers, people in leadership, educators, and anyone seeking to build a happier and more productive life, must have improved insight into how to motivate the development of self-efficacy

# What is The Family Code? Developed by S. Ivan Lopes

- The neglect of educators, church leadership, those involved in human behavior science, and family therapy
- A Family Code formed by key virtues and values must be in place if we are to help with the increase of quality within family bonding, thus decreasing the chances of detachment, separation/divorce and maltreatment within the family domain
- This Family Code must be consistently projected in front of children so that when they come of age they will have a solid foundation and a course of direction (a map) in order for them to start their own family
- Adults must be informed about the Family Code, also realizing the importance of believing in it, integrating and internalizing it in order to increase the quality of familial relationships so that behaviors that cause family detachment can be greatly decreased

# The Family Code & Its Benefits

- Love & Respect: Facilitating successful implementation of rules and regulations to establish order within the household
- Rules and regulations implemented within a family system that suffers from detachment will increase chances of rebellion, retaliation, run away, chaos, confusion, defensiveness, lies, and mood disorders
- Rules and regulation will be best implemented when the relationship between family members has good quality, in other words there must be a constant flow of love and respect between all parts
- Parents, legal guardian have the primary responsibility in making sure that the home environment is correct and safe for all
- 30 minutes suggestion for at least twice a week: what life is, family ties, the community, education, health, decision making, the role of parents as consultants, laws, true friendship, etc.

## Family Code (Cont.)

- Patience: Patience is an aid to efficient self regulation, it is the element that regulates mood, keeps people from developing impairing anxiety disorder, anger issues, and keeps people from acting in aggressive and violent manner.
- Patience monitors time and keeps people from acting in precipitation, and also keeps people from developing the habit of procrastination.
- Patient people are consistent people and are able to start and complete the task assigned. They don't suffer from discouragement, helplessness and hopelessness, they progress with steadfastness while handling stress successfully.
- It means improved listening skills, and improved capability to assertively verbalize thoughts and feelings. Emotionally unstable people are poor listeners and poor communicators. They also have very poor social skills.

# Family Code (Cont.)

- Tolerance: This virtue always follows patience. Tolerance supports patience and it provides patience with endurance capability thus empowering patience to be able to endure the storms and crisis encountered in life. It minimizes breakdowns
- Mercy: This virtue enables people to protect life, thus protect each other instead of harming each other. Mercy is for life, it supports the will to live and the will to make the decisions that strengthens healthy and good living.
- Mercy is a powerful deterrent to suicidal and homicidal tendencies. It strongly opposes aggression and violence, bullying and any other human initiative that causes life to be at risk.

## Family Code (Cont.)

- Compassion: In the field of counseling this virtue is identified as Empathy which means to vicariously experience the pains of another person (not the same as “vicarious traumatization”). Compassion has been identified as an element for the prevention and intervention to child abuse, domestic abuse and animal abuse, (Frank R. Ascione, Phil Arkow, Linking the Circles of compassion for prevention and intervention). Also, recent survey done in the field of psychology points to strong correlation between compassion toward animals and compassion toward human beings, Note that studies done previously linked interpersonal violence to animal cruelty, Randall Lockwood, Frank R. Ascione, “Cruelty to Animals and Interpersonal Violence.”
- integrating activities with animals in treating traumatized children.
- When Mercy & compassion have been integrated and internalized they are followed by the will to forgive
- Forgiveness: This virtue allows family members to get rid of offenses, resentments and anger. It does not overlook problematic issues, but it does stabilize emotions creating the right condition for family to discuss their problems. It also provides family with a new beginning

## Family Code (Cont.)

- Forgiveness implements the virtues of justice and fairness. It understands that the act of forgiving within familial relationships is a matter of being just and fair, that family members are deserving of being forgiven while being held accountable for their actions
- The disposition to forgive will bring an increase in the quality of bonding, mutual respect, nurturing and caring which will motivate healthy personal growth, thus generating  
INCREASED INVESTMENT ON EACH OTHER,  
INCREASED RELATIONSHIP INTEGRITY and  
MINIMIZING CHANCES OF DETACHMENT, SEPARATION,  
DIVORCE, TRAUMATIC EXPERIENCES

# Community Code

Developed by S. Ivan Lopes

- Fairness: people dealing with each other fairly
- Safety: One looking out for his/her safety and that of others
- Trustworthiness: To aspire to be worthy of other's trust
- Honesty: Seeking to being transparent to others, truthful
- Acceptance: Avoiding judgmental attitudes toward others
- Honor: Respect for family and respect for neighbors
- Generosity: To help when help is needed
- Social Interaction: Treating others the way one would like to be treated

# The Helper's Code

Developed by S. Ivan Lopes

- Love what you do: You serve a purpose in protecting lives, do it legally, morally and spiritually for life is holy and sacred
- Respect those you provide service for
- Do your work with patience so you cut down stress to a minimal level and you decrease chances of burn-out
- Be tolerant/perseverant so you avoid discouragement/hopelessness/helplessness
- Be compassionate and with compassion making logical decisions, holding people accountable
- Be merciful with yourself, be merciful with those you help every day, because merci allow you new beginning every morning
- Be wise, avoid wasting energy unnecessarily, because you will need that energy “down the road,” for yourself, your family and your friends

## Helper's Code (Cont.)

- Be altruistic by believing in the value of helping others
- Be fair and just by avoiding power and controlling types of behavior
- Be a leader by nurturing in others the desire to follow after your guidance
- Be a teacher by helping others to understand the benefits of complying with your rules and regulations
- Be a friend instead of a master making decisions that you must and not because you can
- Be spontaneous in helping. Help not because you have to, but because you desire to